

Statistics Report 01223, Protein supplement, milk based, Muscle Milk, powder

Report Date: December 05, 2015 15:20 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	15.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Energy	kcal	411	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Energy	kJ	1720	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Protein	g	45.71	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Total lipid (fat)	g	17.14	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Ash	g	3.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Carbohydrate, by difference	g	18.50	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Fiber, total dietary	g	7.1	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	5.71	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Minerals													
Calcium, Ca	mg	500	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Iron, Fe	mg	8.57	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Magnesium, Mg	mg	200	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Phosphorus, P	mg	643	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Potassium, K	mg	1129	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Sodium, Na	mg	329	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Zinc, Zn	mg	7.14	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Copper, Cu	mg	1.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Selenium, Se	µg	33.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Vitamins													
Vitamin C, total ascorbic acid	mg	30.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Thiamin	mg	0.714	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Riboflavin	mg	0.857	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Niacin	mg	10.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Pantothenic acid	mg	5.714	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Vitamin B-6	mg	1.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Folate, total	µg	200	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	200	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Folate, food	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Folate, DFE	µg	340	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Choline, total	mg	81.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Vitamin B-12	µg	3.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Vitamin B-12, added	µg	3.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Vitamin A, RAE	µg	750	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Retinol	µg	750	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Vitamin A, IU	IU	2500	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol)	mg	7.07	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Vitamin E, added	mg	7.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Vitamin D (D2 + D3)	µg	5.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Vitamin D3 (cholecalciferol)	µg	5.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Vitamin D	IU	200	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Vitamin K (phylloquinone)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Lipids													
Fatty acids, total saturated	g	1.553	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.621	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
18:0	g	0.932	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Fatty acids, total monounsaturated	g	12.105	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
18:1 undifferentiated	g	11.640	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
20:1	g	0.309	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
22:1 undifferentiated	g	0.156	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Fatty acids, total polyunsaturated	g	1.770	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
18:2 undifferentiated	g	1.709	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
18:3 undifferentiated	g	0.061	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Cholesterol	mg	21	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2009